

### ABSTRACT OF THE DISCLOSURE

An exercise apparatus comprising a generally rectangular extruded aluminum alloy frame having a head end and a foot end and including a pair of spaced apart parallel track members wherein the head end, the foot end,  
5 and the track or rail members are each formed from the metal extrusion material. The apparatus includes a movable carriage made of a rigid frame that moves along the rail members between the head and foot ends against one or more resistance members connected to the carriage and the foot end of the frame. Each of the rail members includes a longitudinal slot therein for  
10 receiving a foot support bar assembly. The rail members and head and foot end members are generally each metal tubular box extrusions and the rail members telescopically retract. Roller wheels attached to the carriage move along the top of the rail members and guide wheels move along the inside of the rail members. The invention further includes shoulder stops on the  
15 carriage that can be adjusted to a horizontal position so that the apparatus may be compactly stored.